



Better Living for Texans

Food Stamp Nutrition Education

A joint project of Texas AgriLife Extension Service, Texas Health and Human Services Commission, and USDA Food and Nutrition Service with funding support from USDA's Food Stamp Program

100 E. 3rd. Suite 305
Sweetwater, Tx 79556
(325) 235-3184

Old Fashioned Baked Beans

Ingredients:

- 1 pound dried great Northern beans
- 1 quart water
- $\frac{1}{2}$ teaspoon salt
- 1 medium onion, chopped
- 2 tablespoons prepared mustard
- 2 tablespoons brown sugar
- 2 tablespoons dark molasses
- $\frac{1}{2}$ pound sliced bacon, cooked and crumbled



Directions:

Place beans in a dutch oven or kettle; add enough water to cover by 2 in. Bring to a boil; boil for 2 minutes. Remove from heat; cover & let stand for 1 hour.

Drain & rinse beans, discarding liquid. Return beans to pan. Add water & salt; bring to a boil. Reduce heat; cover & simmer for 1 to 1 $\frac{1}{4}$ hours or until beans are tender. Drain, reserving 2 cups cooking liquid.

In a sprayed 13-in. x 9-in. x 2-in. baking dish, combine the beans, onion, mustard, brown sugar, molasses, bacon & 1 cup reserved cooking liquid. Cover & bake at 400 degrees F for 45 minutes or until beans have reached desired thickness, stirring occasionally (add additional reserved cooking liquid if needed).

<http://allrecipes.com/Recipe/Old-Fashioned-Baked-Beans/Detail.aspx>

The Food Stamp Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. Toll-free food stamp hotline: 1-877-556-2200

In accordance with Federal law and U.S. Department of Agriculture's Policy, Better Living for Texans Food Stamp Nutrition Education Program is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability.

To file a complaint of discrimination, write USDA, Director of Civil Rights, Room 326-W, Whitten Building, 1400 Independence Avenue, SW, Washington, D.C. 20250 or call (202) 720-5964 (voice or TDD). USDA is an equal opportunity provider and employer.